

Baked Dragon Beans

Baked dragon beans require a little more work than green beans. It is well worth it. Dragon beans need to cook more thoroughly, so are not recommended for grilling. If baked from fresh, they tend to taste and feel like a wax bean. Plenty of water, and a teaspoon of butter improve the taste. Sometimes, it's nice to add a tablespoon of bacon grease from breakfast, 1/4 cup of bacon bits, or a 1/4 cup of chopped ham. Dragon beans can be mixed with other beans or squash.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Butter (lactose)
- Dragon Beans
- Ham
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Bacon Bits
- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1.5 quart oven safe with lid

Ingredients:**Meat:**

- 1/4 cup of bacon bits, or
- 1/4 cup of chopped ham

Vegetables:

- 15 ounces of dragon beans

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place 15 ounces of fresh or thawed dragon beans in a 1.5 quart oven safe pan.
2. Add:
 - 1 tablespoon of butter
 - 1/4 cup of bacon bits, or
 - 1/4 cup of chopped ham
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover the top of the beans
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.